

## **CALLAHAN HAPPENINGS FOR JUNE 2010**

**Volunteers Wanted** - Volunteers needed for 4-hour shifts. Applicant must be computer-literate and committed. Very interesting job. Please call Lorraine at 508-532-5980, ext. 4102.

### **Health & Wellness**

**BALANCE—EXERCISE WORKSHOP** - Join us for the continuing VNA series on FALLS PREVENTION funded by a Tufts Foundation Grant to take place **June 3, 2010 from 11:30 am—12:30 pm**. Conducting the workshop will be a physical therapist with over 35 years experience working with older adults. Participants will learn about the importance of exercise to maintain strength and balance; learn seated and standing exercises to improve leg strength and balance and will be given tips on how to progress in their own exercise program. This is a hands-on demo so wear slacks and comfortable shoes. Please sign up by calling the Callahan Center at 508-532-5980.

**“Better Breathers” Support Group** - The “Better Breathers” is a free support group that meets every month. This group started in 2004 for men and women with breathing issues, including **C.O.P.D.** (Chronic Obstructive Pulmonary Disease). Currently, there are 12 million people that are affected. Our group covers helpful tips for coping with oxygen equipment, respiratory medications, breathing techniques, and any related breathing issues. We are also affiliated with the American Lung Association, and have guest speakers on respiratory issues. **We meet on the 2nd Wednesday of the month, from 12:00 noon to 1:00 pm at the Callahan Center, 535 Union Avenue in Framingham. Refreshments will be served.** The meetings are under the direction of Cheryl Burgess, Registered Respiratory Therapist. Cheryl can be reached at Kindred Healthcare by calling 508-481-6123, or by sending an email to [cheryl.burgess@kindredhealthcare.com](mailto:cheryl.burgess@kindredhealthcare.com).

**Support Groups at Callahan Senior Center** - **Bereavement Support Group**: Mondays, June 7, 14, 21 & 28 at 10:00 am. **‘Better Breathers’ Support Group**: Wednesday, June 9 at 12:00 pm. **Caregivers’ Support Group**: Wednesday, June 30 at 1:00 pm. **Diabetes Support Group**: Tuesday, June 29 at 10:00 am. **Grandparent Support Group**: Wednesday, June 30 at 7:00 pm. Please call the Center to confirm in the event of a change. **Low Vision Group**: Friday, June 18 at 1:00 pm. **Massage Therapy**: Thursday, June 3 from 10:00 am-12:00 pm (by appt. only). **Parkinson’s Support Group**: Tuesday, June 15 at 1:30 pm. **Podiatry**: Wed., June 9 with Dr. John 1:00 - 4:00 pm & Wed., June 23 with Dr. Lukoff from 1:00 - 3:30 pm (by appt. only). **Stroke Survivors’ Support Group**: Monday, June 7 at 1:00 pm. **Blood Pressure Clinic for June** - Wednesdays, June 2, 9, 16, 23 & 30 from 9:30am—12:30pm

**Callahan Center has a TOPS Club, Inc. Chapter!** TOPS (Take Off Pounds Sensibly) is a national non-profit organization. **The group meets on Wednesdays from 11:45 am—12:45 pm.** The cost to join is \$26.00 (yearly), which includes a monthly magazine. There will also be a monthly donation of \$5.00 to go toward incentives. Individuals need to have a goal of losing at least 10 pounds to participate. Please contact Lorraine Fournier, if you have any questions at 508-532-5980, extension 4102.

## **Activities & Programs**

**Thursday, June 10<sup>th</sup> - Callahan/Brophy Bingo** where we will again celebrate our friendship with the Brophy Elementary School. Twenty-one students will arrive at 10:45 am for a morning of “Bingo with the Seniors” and a pizza lunch. We welcome seniors who are interested in participating in this intergenerational program—a morning of fun and laughter. Please sign up with the receptionist or call Ann Steacie at 508-532-5980, ext. 4113 to ensure your reservation for bingo and pizza.

**Tuesday, June 15<sup>th</sup> from 12:00 noon to 1:00 pm - Healthy Summer Eating** Come join the taste testing as Barbara Gold, Registered Dietician prepares tasty tidbits for your summer taste buds. Free coupons, samples and some great new recipes for you to try or suggest to your children or grandchildren! Fun, healthy summer eating! Please sign up now by calling the Center at 508-532-5980.

**Tuesday, June 8<sup>th</sup> at 11:0 am - 12:00 noon - Preparing for the Unexpected - DISASTER EDUCATION -** Disasters can strike quickly and without warning. Come and learn how the generosity of the American people has made it possible for the Red Cross to assist earthquake victims in Haiti. Preparing for the Unexpected is an **American Red Cross** presentation that provides vital information to help individuals and families prevent, prepare for, and cope with emergencies. After this presentation, you will know how to assemble a disaster supplies kit, create a communication network, and establish a meeting place for your family. You will learn how to be **RED CROSS READY** for any disaster! **GET PREPARED - Please call the Center at 508-532-5980 and sign up for this timely event.**

**Friday, June 11<sup>th</sup> at 1:00 pm -** Sit back and relax in the Blais Room at Callahan Center as we kick off our bi-weekly summer movie program featuring “The Lady in Cement” with Frank Sinatra.

**Friday, June 18<sup>th</sup> from 9:30—11:00 AM - FATHER’ S DAY BREAKFAST -** Please join us for a Father’s Day BREAKFAST and hear first-hand about the “**Winning of the Gold**” by the **1960 USA Hockey Team** from a member of the team, Dick Rodenheiser. The record set in Squaw Valley by this team **still stands today!** Please sign up by calling the Center at 508-532-5980 by June 11<sup>th</sup>. **(Dads and Grandads are free.....all guests are required to give a donation of \$2.00 each.)**

**Thursday, JUNE 24<sup>th</sup> from 11 am—12 noon - R...E...S...P...E...C...T - Appreciate the Differences!** *When in France, is a greeting a KISS on one cheek OR a KISS on both cheeks????* If you are planning a trip to a different country this summer or just enjoying a visit with someone from a different culture, you will gain valuable information by attending this presentation coordinated by Cathy Romeo, VNA Network *(provided with funding from The MetroWest Community Health Care Foundation)*. **JOIN US FOR A LIGHT-HEARTED WORLD TOUR, USING CULTURAL GREETINGS, AND SEE WHAT VARIOUS WORLD CULTURES ARE CONSIDERED POLITE AND RESPECTFUL. Call the Callahan Center and reserve your seat now at 508-532-5980.**

**Are you ready to get outdoors and have fun ??** Dust off those golf clubs and join the Callahan Golf Group every Wednesdays at 9:30 am at Stoneybrook Golf Course, 70 Valley Road, Southboro. For more information, please call Rosalie Cotton at 508-877-0681 or Muriel Litchfield at 508-309-4777.

## **Travel Department**

**6/10/10 Collette Vacations slide show at 11:00 am featuring:**

**9/23/10 CANYON COUNTRY (tour ends in Las Vegas) Highlights...Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Monument Valley, Bryce Canyon National Park, Zion National Park and Las Vegas. Includes airfare from Boston, Hotel transfers and more! Price \$2,599.00/double (9 days, 12 meals). Come in and pick up a detailed flyer!**

**12/3-7/10 SAN ANTONIO HOLIDAY (our American Venice) Highlights Fiesta del las Luminarias, The Alamo, Fredericksburg, Bandera Dude Ranch, Paseo Del Rio, and a cooking class. Includes airfare from Boston, Hotel transfers and much more! Price \$1,549.00/double (5 days, 7 meals). Come in and pick up a flyer!**

## **Heritage Gallery - A Consignment Shop**

**Heritage Gallery will be closed for the months of July and August.**

**Consignors:** For the consignors that have items due for pickup in May and June - please plan on collecting your items during the last 2 weeks of June. That will be the weeks of June 14th and June 21st. Please CALL for a time slot to collect your items as the Gallery MAY be open on a day other than the regular Wednesday, Thursday, Friday, just for collection. Please BRING paper to wrap your items and a container for your merchandise. CHECKS will be written at the end of June. Due to the fact that the Gallery will be closed come Friday June 25th until September 1st, the checks will be mailed. Normally checks are not mailed - this is the exception to the rule! It was a wonderful year in the Gallery. We all enjoyed the beautiful merchandise both consigned and donated. We have had and will continue to have an eclectic assortment of merchandise that makes shopping in the Gallery an experience of surprises and fun. See you in September for our reopening on the 1st.